

## Three spheres of freedom April 9 & 10 With Charles

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During this online workshop I would like to explore the various spheres where freedom must or can be exerted.

What does more freedom mean on a physical, emotional and spiritual level, even if it is still a limited freedom ?

We will try to consider both theoretically and practically how to investigate these aspects of our life.

Moments of teaching will alternate with moments of meditation.

**Remark:** This workshop is reserved for the study and practice of meditation. It is intended for people who already have some knowledge of Buddhism and want to deepen their understanding of one of the most important means to ease the burden of life.

Periods of teachings will alternate with discussions in small groups and periods of Q&A with Charles.

**Schedule: EST**

**Saturday April 9**

— **Morning:** from 10:00 to 12:00 teaching / discussions in groups / Q&A

— **Afternoon :** from 2:00 to 4:00 teaching / discussions in groups / Q&A

**Sunday April 10**

— **Morning:** from 10:00 to 12:00 teaching / discussions in small groups / Q&A



For more information see: <https://www.vimalakirti-us.org/events/>